



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01182, USDA Commodity, cheese, cheddar, reduced fat

Report Date: July 11, 2017 14:14 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	48.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Energy	kcal	282	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	1180	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	27.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Total lipid (fat)	g	18.30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Ash	g	4.30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Carbohydrate, by difference	g	2.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Sugars, total	g	0.58	--	--	--	--	--	--	--	--	Calculated or imputed	01009	03/2005
Minerals													
Calcium, Ca	mg	905	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.13	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Magnesium, Mg	mg	35	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Phosphorus, P	mg	583	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Potassium, K	mg	93	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Sodium, Na	mg	725	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Zinc, Zn	mg	4.30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Copper, Cu	mg	0.021	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Selenium, Se	µg	15.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Thiamin	mg	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Riboflavin	mg	0.300	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin	mg	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin B-6	mg	0.084	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, total	µg	20	--	--	--	--	--	--	--	--	Calculated or imputed	01009	02/2009
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01009	02/2009
Folate, food	µg	20	--	--	--	--	--	--	--	--	Calculated or imputed	01009	03/2005
Folate, DFE	µg	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	15.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	1.66	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01009	02/2009
Vitamin A, RAE	µg	150	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	142	--	--	--	--	--	--	--	--	Calculated or imputed	01009	03/2005
Carotene, beta	µg	95	--	--	--	--	--	--	--	--	Calculated or imputed	01009	03/2005
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin A, IU	IU	633	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol)	mg	0.16	--	--	--	--	--	--	--	--	Calculated or imputed	01009	03/2005
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01009	02/2009
Vitamin D (D2 + D3)	µg	0.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	13	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	1.5	--	--	--	--	--	--	--	--	Calculated or imputed	01009	03/2005
Lipids													
Fatty acids, total saturated	g	11.580	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
4:0	g	0.720	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
6:0	g	0.420	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
8:0	g	0.240	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
10:0	g	0.520	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
12:0	g	0.560	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	1.880	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
16:0	g	5.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:0	g	2.240	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Fatty acids, total monounsaturated	g	5.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
16:1 undifferentiated	g	0.300	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:1 undifferentiated	g	4.470	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
20:1	g	0.040	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
22:1 undifferentiated	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Fatty acids, total polyunsaturated	g	0.750	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:2 undifferentiated	g	0.570	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.130	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:4	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
20:4 undifferentiated	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
20:5 n-3 (EPA)	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
22:5 n-3 (DPA)	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
22:6 n-3 (DHA)	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Cholesterol	mg	56	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009